

# SPOKE

Conestoga College, Kitchener

30th Year — No. 42

December 7, 1998

## What's Inside



Condors suffer at the hands of the Humber Hawks.

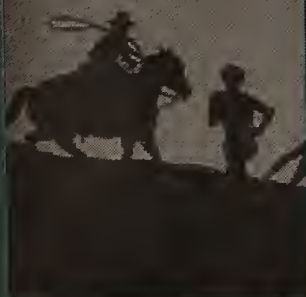
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Nursing students spend clinical time at hospital

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### Fear of Pop



Ben Folds goes solo with *Fear of Pop* Volume I - CD review

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### COMMENTARY

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In Christmas shopping for...

## Tech fee brought before board

By Jaime Clark

Grant McGregor, principal of Conestoga College, appeared before the Doon Student Association's board of directors on Nov. 25 to request that the \$70 technology fee included in students' tuition remain the same for the coming school year.

Tony Pimenoff, director of information and technology services, and Kevin Mullan, vice-president of finance/administrative operations, were also on hand to explain the college's technological and financial situation to the board.

McGregor said the technology fee, which started two years ago, is brought under review every year to ensure that students' money is being used in the best possible way.

"Every year we come in and report what happened. In effect, we renegotiate."

One of the premises that came out of the technology fee was the hope that every year, the college could renew one-third of all computer labs.

"In this coming year, we'll be in the last year of our three-year cycle, so it will ultimately take every computer lab to a Pentium level," said McGregor.

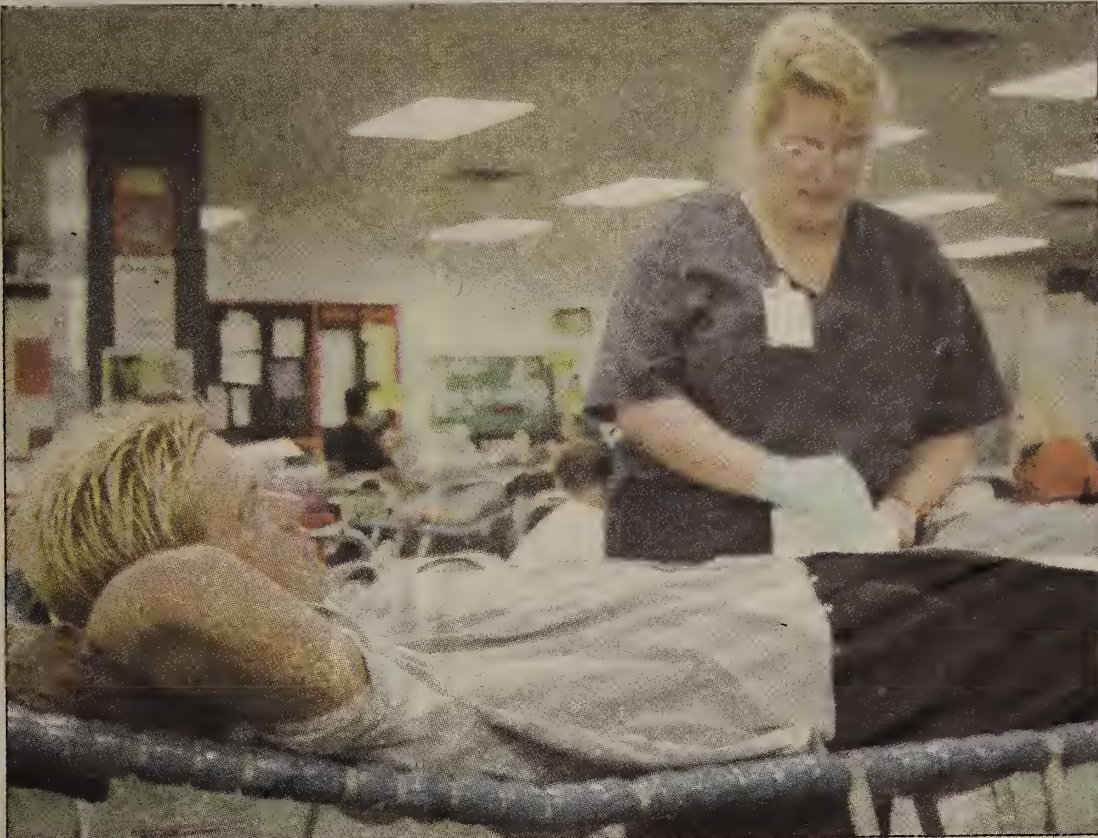
Pimenoff said he keeps getting positive comments from students about the difference in the open-access lab compared to last year.

"I'm certainly getting the feeling that we're allocating the funds you're contributing properly and providing state-of-the-art technology to every student."

The money from the technology fees benefits the students both directly and indirectly, said Pimenoff. For example, the college upgraded the servers for the entire network to increase the communication line.

"You don't see those when you walk into the labs, but they're there."

See Fee... Page 2



## Giving the gift of life

Chris Riehl, a first-year LASA student, is assisted by Laura Ventura of the Canadian Blood Services during his first time donating blood. For full story see Page 3. (Photo by Lisa Wilhelm)

## Crash sends two students to hospital

By Melissa Dietrich

First-year business management students Adam Passmore and Jessica Sperling were seriously injured after colliding with a Coke truck at the intersection of Manitou Drive and Sasaga Drive in Kitchener, at approximately 10:30 a.m. on Nov. 20.

A fellow classmate, Mike Harris, a DSA class representative, said the two were on their way to Country Boy Restaurant on Manitou Drive when the accident happened.

Harris said he was in a car behind the two students and actually passed the accident not realizing it was his classmates who had been injured because the car was so banged up.

According to Harris, who has spoken with Passmore since the accident occurred, the two were driving up Manitou Drive when a transport truck started coming out of one of the driveways. The driver then stopped his truck, but remained in the roadway. Passmore attempted to steer around the truck, but lost control of his car and veered into the oncoming traffic. That is when their car collided with the

southbound Coke truck.

Harris was told by Passmore that Sperling then got out of the car, "she was probably in shock," said Harris. Passmore, however, could not get out because he was pinned behind the steering wheel.

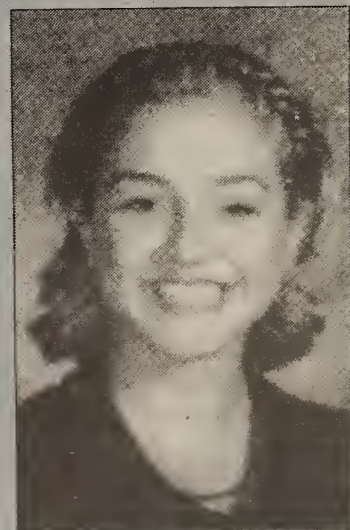
Once the ambulance arrived, Passmore was taken to St. Mary's Hospital, while Sperling was taken to Hamilton General Hospital, according to the Nov. 21 Kitchener-Waterloo Record article.

Both students were treated for internal injuries. Passmore was also treated for a broken knee and nose. Sperling suffered more internal injuries than he did.

According to Harris, Sperling has already had her kidney removed and there is some question about other internal injuries she suffered due to the crash.

Harris said Passmore is now resting at home, but Sperling remains in Hamilton General Hospital. There has been talk, however, of transferring her to St. Mary's Hospital, in Kitchener, or perhaps bringing her home soon.

Other classmates have wished a speedy recovery of both Passmore and Sperling by



Jessica Sperling

sending them gifts and cards, said Harris.

It is not likely that either of the students will be able to finish the semester and for Sperling there is a question of if she will be back to Conestoga College to begin the winter semester, said Harris.

"It's unfortunate, that they are first year students only in their first semester and now they can't finish," he said.





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## Political planner elected

# Student wins vote for CRO

By Jaime Clark

The Doon Student Association's board of directors elected a chief returning officer (CRO) at a meeting held in Sanctuary's Other Room on Nov. 25.

Mike Harris, a first-year business management student, was elected by the board to take on the responsibility of being a CRO.

Harris, who also sits on the board, said when he first came to Conestoga College, he wanted to get involved with the student council in some way.

He is currently a class representative and has been involved in numerous activities around Doon including the Remembrance Day assembly, Alcohol Awareness Week and AIDS Awareness Week.

Harris was student council president in high school and has also served on many county, community and school committees.

He says politics are one of his favourite pastimes and serves on

the riding association. He is also vice-president of the Youth Caucus Wing of the Liberal Party and worked many hours in a campaign office during the 1997 election.

(Harris) says politics are one of his favourite pastimes and serves on the riding association. He is also vice-president of the Youth Caucus Wing of the Liberal Party.

*Mike Harris, first-year business management student*

As a CRO, Harris will be in charge of student elections, which are scheduled to be held on May 1. Students who wish to

be elected will be able to run for three vice-presidential positions and one presidential position.

Every student running has to get 50 signatures from other students who think that person should be elected for a vice-presidential or presidential position.

It is Harris' job to check signatures and student numbers on those lists. He also has to clear with physical resources appropriate locations to hang posters.

Harris must advertise times for speeches and locations and times for voting.

Most of this information, as well as rules and regulations of running an election, is in reports prepared by CROs from past years.

Before the election, Harris is required to attend meetings with the candidates and after the election, he is involved with the vote-counting process. When the whole thing is over, he will prepare a report outlining suggestions for next year's CRO.

... continued from Page 1

## Fees make upgrades possible

The college has also spent \$30,000 on software upgrades.

"I'm fairly confident every dollar you are giving is coming back to the students to benefit, in one way or another, either directly or indirectly," said Pimenoff.

McGregor recommended for the coming year that a portion of the technology fee be used to expand the open-access lab and add 30 computers.

The remainder of the fee would be used to complete the three-year upgrading cycle.

The request and recommendation were left with the board of directors to be decided at a later date.

## New board of governors elected for college

By Melanie Spencer

Conestoga College recently announced its new board of governors for the 1998-99 academic year.

Sandra Hammer, who served as the vice-chair last year, is the new chair of the board. She is also the executive director of the Victorian Order of Nurses for the Waterloo-Wellington-Dufferin district.

Martha George, vice-president and secretary-treasurer with George Masonry Ltd. of Kitchener, and David Uffelman, president of Guelph's McDonald Store Fixtures Inc., will serve as vice-chairs of the board.

Five new community representatives have joined the board of governors for three-year terms.

Dennis Watson, vice-president and general manager of Baton Broadcasting Inc.'s CKCO-TV, will chair the development and public relations sub-committee. Also serving on that sub-committee are Joan Fisk, president of Tiger Brand Knitting Company,

which produces leisurewear and K.C. Vasudeva, owner of Maxtech, a group of seven companies whose main focus is manufacturing for the automotive industry.

Joan Lawson, the assistant vice-president of agency marketing and communication services with Manulife Financial, will serve on the quality initiatives sub-committee.

Ronald Strauss, a graduate of Conestoga's electronics engineering technology program, will participate on the information technology subcommittee. He is the president and chief executive officer of Focus Automation Systems, an automation vision technology firm he founded.

Two internal members have also joined the board of governors. Joyce Irving, a member of the support staff for Conestoga's continuing education division, has joined for a three-year term.

Bryan Bambrick, promotions assistant for the DSA, will serve on the board for one year.



## Blood services visits Doon

# Students participate in clinic

By Lisa Wilhelm

There are many ways to save a person's life. Running into a burning house to save an innocent child, jumping into a lake to save a drowning victim, or taking five minutes of your time to donate blood to someone who desperately needs it.

On Nov. 30, students and faculty at Conestoga College were given the opportunity to do just that.

Janet Piersma of Canadian Blood Services, said they try to hold the clinic at different colleges once or twice a year to give people the chance to help others and to help the service reach their goal of 1,500 units a week.

These units are distributed to 28 hospitals throughout Ontario including Kitchener, Niagara Falls, Simcoe, Elmira, Fergus, and Hamilton.

"We've done well today," said Piersma. "All of our clinics have been doing well. Even with the transition, people have still been coming out to give and it's been great."

With the help of Piersma, the clinic was run by Carrie McAdam and Jillian Astels, both fifth-semester nursing students, as a leadership project for their leadership-one course.

"We called (Canadian Blood

Services) and arranged for a place to hold the clinic," said Astels. "We put up posters provided by Janet and advertised in the school paper and radio."

The clinic, which was also held last year, was run over a course of two days, also by semester-five nursing students.

"They had roughly 27 students a day last year," said McAdam. "Our goal this year is 115. We had 40 people sign up and drop-ins make up the remainder."

The two organizers said they really enjoyed running the clinic and it was a good way to get knowledgeable about different parts of nursing.

They also said the organizing aspect of it was better than learning the clinical skills.

"It was much nicer than doing a paper to submit to a teacher," said Astels.

Philip Moraitis, a first-year accounting student, was one of many who took the time to donate blood.

"It was my first time (donating)," Moraitis said. "I think it's important to help those who need blood."

He said the staff was very good and the students made you feel right at home.

"I'd definitely go back and do it again."



Pamela Richards, a first-year LASA student, takes the time to donate her blood during a clinic held in the Sanctuary on Nov. 30.  
(Photo by Lisa Wilhelm)

It's time to play the feud...

## Family Feud

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# Commercializing Christmas a crime

Perhaps being broke or the stress of even being at a mall on a Saturday afternoon has made me bitter towards the warm, caring, sharing holiday of Christmas, that has turned into a commercial bloodbath.



**Sarah Thomson**

Just one example of this is the latest craze sweeping the toy stores, Furby. The stuffed animal, that looks like Gizmo from *Gremlins*, is the latest virtual pet that can talk and be trained to do tricks. Has anyone stopped to look at the appeal of this toy and why consumers want it so bad? Of course not. They are just rushing stores en masse because it is the toy to get their kid this season.

Studies on child rearing have shown that many children just

want to spend some time with their parents. But in the same vain of thought, perhaps the over-worked parent of the '90s feels that if they get the right toy it will ease their guilt about not having the time to spend with their children.

A couple of months before Christmas it was already stated that Furby would be the hit of the season, before it even reached the stores, and the public bought right into it.

As soon as it came out, parents were lined up at 6 a.m. to get into Toys 'R' Us and other large toy stores to get their hands on a Furby. Instead, they were handed tickets so there would be no fist fighting in the line. In an ironic twist, I read somewhere that there was a toy store that was giving a free gift for purchases over \$100, and the gift was Tickle Me Elmo, the gift craze purchase of 1996.

It is not the toy that is so important, it is parents and

family spending time with each other that makes the holidays a special time of year for adults and children alike.

So, as you push through the hordes of shoppers while doing your holiday shopping just remember it isn't the gift that counts but the present. The present that you are spending with family and friends because that can never be bought or sold and will be treasured forever unlike the Furby from Christmas past.

## Letter

### The battle goes on

In response to Mel Taylor (SPOKE Nov. 30) there is nothing grammatical or ungrammatical about putting quotes around a word you are trying to draw attention to.

I also believe the old saying Mel was groping for was "people who live in glass houses . . ." (note the quotations correctly applied) rather than who ought to cast the first stone. We are after all talking about grammar, not sin.

Andrew Jankowski



## Remembering the Montreal massacre

# Will the memories affect us at home?

Waterloo Region should be proud of itself. It's all about violence, and at least half of the violence around here is between people who know each other.



**Jason Gennings**

descriptions you can get a good idea about violence in our region.

This look at those incidents isn't very scientific, and the article itself stresses that many acts of violence go unreported. Even still, the listing averages out to about one act of violence every two hours.

Violence between family members accounts for 26 incidents, or 34 per cent. This does not include the 15 incidents, or 20 per cent, which involved ex's and former boy/girl friends. Together, they total 41 incidents of violence between people who know each other, and have even loved each other.

Some of the incidents occurred

during emotional times like the point of separating, or while exchanging custody of the kids.

When you think about these standard, repetitive, stories or newspaper clippings also consider the other side of the story.

There we are sitting safe and sound on our side of the print thinking, "Yeah, whatever. Another domestic."

The other side of the print is where the story came from. This is not about wanting their names in the paper. They are not going to cut this out for the fridge. The people in these stories also think about those poor other people who get abused. Good thing our life isn't as bad as that.

Some women refused to press charges against their abusive husbands, but be careful about judging that decision. It's about love, betrayal, desperation, fear, and hope.

People took some time on Sunday to remember the women killed by a sad, hateful, little man in Montreal. Look around. We don't have to look that far away to find something to feel bad about. Look down the street.

Look at the faces of the people you work with. Maybe even look at the bruise on your wife's cheek. You know, the one you don't remember how she got. The neighbors are beginning to think you should fix

those faulty steps.

Of the victims, 30 were women, five of which were assaulted by other women.

Two police officers are included in the count of 25 male victims, and there were seven kids under 12 assaulted.

The rest of the victims are unknown, but if you like you can imagine the faces of people you know, and family you love. These people are particularly worrisome, because without a face, they became anyone.

Pick up this article. Read it. Talk to your family about it. It's the diary of our beautiful city, and to turn a blind eye to it does more than ignore — it encourages it.

# SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Streeter

# Students not using recreation centre



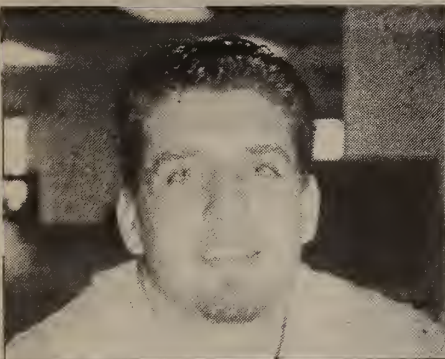
Grady Meston, first-year management studies student.

(Photo by Jacqueline Smith)



Tina Baksh, second-year business student.

(Photo by Jacqueline Smith)



Tony Fischer, first-year electronics engineering student.

(Photo by Jacqueline Smith)

By Jacqueline Smith

As part of their tuition fee, Conestoga College students are required to pay an athletics and recreation fee at the beginning of each school year that varies according to the length of the student's program of study.

The basic fee is \$33 for full-time students with more than one semester of study and \$16.50 for one semester or direct entry students.

By paying the mandatory fee, students have access to various facilities including aerobic classes, step classes, weight room, ice rink, volleyball courts and a dry sauna at the Kenneth E. Hunter Recreation Centre.

A survey of 25 people conducted at the Doon campus revealed that a lot of students do not use the facilities at the centre. Lack of time, lack of interest, and lack of knowledge about the facilities were the three most popular answers given by students surveyed.

"School has been very time consuming for me this year," said Tania Baksh, a second-year business student. "I guess you could say that I'm working out my brain."

Second-year management studies student Michelle Strassburger, said she has periodically used the recreation centre for intramural sports such as volleyball, but does not use the fitness machines.

"I am interested in the aerobics, but the time it is offered is too inconvenient for me," said Wanda Clements. Aerobics classes are held Mondays and Fridays at 7 a.m.

First-year management student Ken Relph said he visited the rec centre once.

"I only went to look around and see what was in there," Relph said, adding he was going to use it, but did not have the time. He also said he would use the gym if he didn't have to work after school.

"I have enough trouble getting up in the

morning for classes as it is," Relph said when asked about working out early in the morning.

Jon Ramsey, a second-year electronics engineering student said he uses the rec centre only because it is a part of his class.

"For example, last week we had health and it was part of the class activity to go over and have an exercise day or get to know the rec centre," Ramsey said, adding he heard about the aerobics classes, but is not interested.

"I have not used the rec centre once," said Tony Fischer.

"It is great that other people are using it, but I don't want to pay \$33 for it," the first-year electronics engineering technician student said, unaware he had already paid the fee.

Fischer added the gym and the rest of the facilities are great features to have, but the fee should be optional.

Christy Robinson, a first-year business management student, said she doesn't work out at the centre since she lives out of town and is a member at a gym in Guelph, where she is from.

"I don't mind paying the \$33, though, if it will lesson the cost for other students," Robinson said.

Second-year graphic design student Brigitte Alge, said she rarely gets the chance to workout at the centre.

"I enjoy it during the winter for skating, but my course doesn't allow me to do much," said Alge.

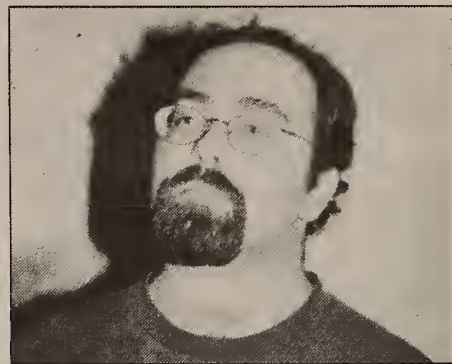
Sandra Melo, a first-year marketing student, said she has exercise equipment at home and has never used the recreation centre.

"I think the fee should be optional, not mandatory. People have their own memberships," said Melo.

"I went a few times in my first year and it doesn't interest me," said third-year student, Shane Grace.

The nursing student said, like the basic athletic fee, there are other services he paid for but does not use.

"Sort of ripped-off," Grace said when asked how he felt about paying the fees. "But somebody is making use of it. Hopefully."



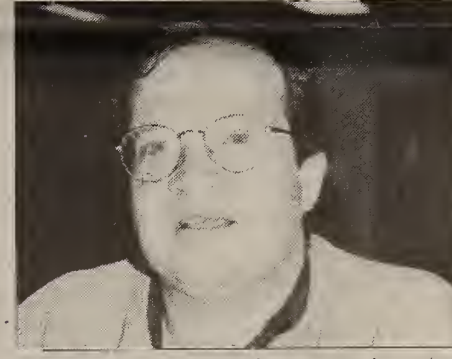
Shane Grace, third-year nursing student.

(Photo by Jacqueline Smith)



Bridgette Alge, second-year graphic design student.

(Photo by Jacqueline Smith)



Jon Ramsey, second-year engineering student.

(Photo by Jacqueline Smith)

## Letter

### Chill out SPOKE!; school's about fun, too

I don't know what going to college has turned into in the last few years, but it seems that a couple of writers on SPOKE seem to think it is JUST to go to school, and not waste any hard earned money.

I am writing in regard to the articles in this issue where you turned a pub crawl into a grub crawl and then a few pages later had a picture of 24 cases of beer and wrote about the evils of wasting your money on drinking.

Go to ANY other college or university in this province and they are all still against alcoholism, but they still know when to have their fun. Most people who have half a social life know that college is about learning, but just as important, it is about improving social skills, and yes, having fun.

Sorry that all these writers seem to think that by going out once in awhile and spending some of your own money on booze means your an alcoholic, but to that it should be said to get your heads out of your asses.

Check with the MAJORITY of your student body, and ask how many would attend a pub crawl instead of a grub crawl, and you will realize what side of the fence these writers are on.

I suggest they do a little more research, and even more importantly, get off the couches and have some fun instead of preaching about how much money Conestoga students waste on beer instead of tuition.

Dennis Galley  
3rd year telecommunications  
(EET)

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## Rehearsing for nursing

## A day in the life of a nursing student

By Dee Bettencourt

**I**t's another Thursday noon hour and five second-semester nursing students from Conestoga College have just finished their weekly conference in a boardroom at St. Mary's Hospital, Kitchener.

Nov. 26 promises to be a busy day for them, warns nurse instructor Sharon Clarke, as they file out, some still needing to change into a white uniform with their nametag and white sneakers. Fresh post-ops will be on the daily roster for 3 West, the in-patient surgical unit. Some may have undergone orthopedic, neurological or general surgery as recently as that morning, says Clarke.

"There are 47 beds in this wing. All have had surgery; all will be long-stay patients for more than five days," says Clarke. "Some are waiting for a nursing home as they are unable to take care of themselves any longer."

In fact, the narrow halls of

St. Mary's are crowded with elderly patients in wheelchairs, steel tubes draped with dangling plastic strands of intravenous fluid, medication carts and nurses moving speedily around everything and everyone as they dart in and out of rooms.

The staff at St. Mary's Hospital is quite familiar with having student nurses around, says Clarke, who shares direct responsibility and supervision for Conestoga's nurse trainees with teacher Carol Jackson.

"Our nurses are received very well by the hospital. Students were here before the college system even opened as the hospital used to train their own nurses originally," says Clarke. "The colleges just kept sending students, so hospitals like St. Mary's and K-W Health Centre have never been without students."

Although some things may not have changed over the years, the technology employed by the nurses certainly has.

**"We don't have to take computer courses. We fly by the seat of our pants."**

*Letitia Tanner,  
second-semester nursing student*

Computers are everywhere - out in the halls, in the offices and even seven- by four-inch hand-held models secured around the waists of the nurses.

Student Susan Cardiff says sometimes data regarding patient vital signs such as temperature, pulse, respiration and blood pressure, must be input even more frequently than once an hour.

Peer Letitia Tanner sat beside Cardiff at the keyboard and says interventions such as getting patients up for walks, using the toilet, feeding them, or assisting them with other activities must also be recorded.

"We don't have to take computer courses," says Tanner. "We fly by the seat of our pants."

But supervision is constant, and Jackson helped Cardiff edit some of the information she had typed in.

"I'm checking their charting to make sure it is accurate. I can go to any computer screen and check. Every computer is kept busy as all the health professionals and disciplines work on them, although students can only access the floor they're working on."

Later that shift, Jackson sat beside student Tanya Figueiredo, helping her to determine the validity of the information she was recording on behalf of a patient.

"This is a good experience," says Figueiredo of her clinical nursing studies. "I have more discipline overall in my life now from having



Student nurses, Letitia Tanner (left) and Susan Cardiff, record patient information on a St. Mary's Hospital computer during their Nov. 26 shift. (Photo by Dee Bettencourt)

to keep up and be prompt."

Keeping up is a big part of the nursing experience, says Clarke, referring in particular to sixth-semester student Pamela Hulford, who is also working that day on 3 West.

"She has to consolidate with a nurse on the floor. Whatever shift her preceptor (nurse mentor) works, she works. So that student is working a 12-hour shift."

Hulford's preceptor, Barb Martz, RN, says, "She (Hulford) doesn't just shadow, she does. They've had all of their training by now. This gives them a better experience - they can walk in our shoes. The busier the shift, the more they learn."

Hulford agrees that nursing is a practical, hands-on course, but she

will still attend the University of Western Sydney in Australia to complete a degree in nursing in the space of just one semester, the equivalent of two years at the University of Toronto, to improve her credentials even further.

"It works out to about the same cost, but you're not tied up in school for two years."

Hulford says she has enjoyed the nursing program at Conestoga, especially after spending the first year in nursing at Fanshawe College in London. "Conestoga's program is much better."

Martz thinks the future looks bright for nursing graduates, saying there will be a huge shortfall of nurses by the year 2010 when those in their forties and older have retired.

**"This is a good experience. I have more discipline overall in my life now from having to keep up and be prompt."**

*Tanya Figueiredo,  
second-semester nursing student*

"Toronto was already so short last summer, they hired grads without critical-care experience to work in critical care, if the nurses were willing to work and get the on-the job training."



Student nurse, Pamela Hulford (left), spends a 12-hour shift with preceptor nurse Barb Martz, RN at St. Mary's Hospital in Kitchener on Nov. 26 as part of her clinical studies. (Photo by Dee Bettencourt)

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Susanne Madsen, Wayne D'Mello, Nancy Raposo, Amanda Armstrong and Tammy Eberle stand with their display on schizophrenia near Door 5.  
(Photo by Sarah Thomson)

# Nursing students spread health awareness in halls

By Sarah Thomson

Conestoga students just got smarter about health and biology as fourth-semester nursing students took to the halls Nov. 26, to promote awareness, as part of their course.

Most ideas for the displays came from the student's experiences in the program, and an interest to find out more.

Surrounded by a skeleton and a Styrofoam cutout of the spinal cord, Jennifer Browning and her partner, Tammy Coulas, who were located near the Sanctuary, did their display on spinal cord injuries.

Another group of students, Nancy Raposo, Susanne Madsen, Tammy Eberle, Wayne D'Mello,

and Amanda Armstrong, did their display on schizophrenia.

Raposo explained that while she was working at Homewood, a psychiatric hospital in Guelph, she helped people with schizophrenia and wanted to know more.

"Many people think that schizophrenics are paranoids but there are different types and different symptoms," said Raposo.

"They are not crazy. It is not their fault. It is a genetic problem," said Raposo.

Further down the hall was a display on pressure ulcers. These ulcers form if there is any amount of pressure on the skin for a long period of time.

## Re-positioning important

It is especially important for bedridden people to be re-positioned often to prevent these ulcers, said Poppy MacPhee.

Karen Reid, Maryanne Platt, Dana Mintz, and Carla Church were also part of the group. They stress pressure ulcers are very preventable if you are aware of the factors that cause them, as they learned in the rehabilitation portion of their semester. One of the more interactive displays was for BI-Polar/Manic Depression.

The display included a game of Depression Jeopardy with the categories Famous People, Living with BI-polar, Miscellaneous Questions, Signs and Symptoms, Treatments and What is it? Darlene Holden hosted the game, and her classmate Stephanie Lutz, kept track of the score as Diane Funston answered questions at the accompanying display.

These were just a few of the displays that were in the halls. Others included Alzheimer's disease, Parkinson's disease, and eating disorders among others.

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Saul Bower plays Depression Jeopardy with host Darlene Holden while classmate Diane Funston looks on.  
(Photo by Sarah Thomson)

## COUNSELLOR'S CORNER: SURVIVAL

Many students these days are focused on survival. Where can I borrow some money? Will the groceries last the week? How can I get some time for myself? Amazingly, students do manage to survive the winter and celebrate successful completion of their school year.

All kinds of "expert" advice is available about survival skills: books on study techniques, planning, goal clarification and budgeting.

What can you do to get through the tough times? Anna buys nursing uniforms at Goodwill. Chris and Betty take turns being tutor and driver during their long daily commute; one reads aloud and the other drives. Cathy uses the college's Food Bank when her family benefits cheque does not quite cover. Nancy has started seeing a therapist in the community to help her cope with strong emotions and memories triggered by her class on child abuse. Bill promises his family a Disneyland vacation if they will allow him time to study now. (All names fictitious)

What do you do? Share your survival techniques. Some of the best ideas come from the front line trenches.

Submitted by: Student Services



# High-rollers from Conestoga take Casino Niagara by storm

By Judy Sankar

Conestoga College students boarded a bus headed for Casino Niagara in Niagara Falls, Nov. 26. Their goal: to make as much money as possible in the span of six hours.

The bus left the Doon campus at approximately 3:30 p.m. with 28 students aboard. As the bus coasted down the highway, students, equipped with pen and paper, discussed gambling strategies. About 1 ½ hours later, the bus arrived at the prestigious Casino Niagara.

Students, who had signed up and paid \$10 in advance, scurried off the bus to undertake a variety of activities. Many headed straight for the Hard Rock Café for a bite to eat, although they later complained that the chicken wings were less than tasty.

Others got right down to business and headed straight for the casino. Most used their \$10 coupon on the vast array of slot machines varying in amounts from as little as 25 cents to \$5.

Those who considered themselves a little more dangerous, ventured to the game tables where formally-dressed men and women dealt with riveting speed and players focused solely on the game at hand.

Casino Niagara is by no means strictly for gambling. Depending on preference, a walk in the park could have been just as entertaining as blackjack. A festival of lights presented by Disney was being put on in the park. Conestoga students strolled down the paths, as did families and couples, admiring Ariel from the *Little Mermaid* in lights. Other characters included Beauty and the Beast, Aladdin, Winnie the Pooh and Sleeping Beauty.

"I can't wait until the next

one. I can't wait to lose

another \$100."

*Mike Harris, DSA  
class representative*

If walking seemed a pain, horse carriages were on sight to take a ride through the park.

After walking through the park, some students went uptown to browse or get an early start on Christmas shopping. There were also a few haunted houses, although students didn't seem too interested in those.



Students plan gambling strategies on the bus trip to Casino Niagara.

(Photo by Melanie Spencer)

As students boarded the bus to return to Kitchener, a tally was taken for the amount of profit or loss that had been acquired. The head count was only 24 this time as four students remained in

Niagara. The total profit made among Conestoga students on the Casino Niagara trip was \$225 with the highest individual profit being \$80. The total loss was \$950 with the highest individual loss being

\$130.

"I can't wait until the next one," said DSA class representative Mike Harris, who came up with the idea for the trip. "I can't wait to lose another \$100."

## CBC Evening News host visits Conestoga

# Grange talks journalism with students

By Lisa Wilhelm

As student council president, it is a person's job to try and make their fellow students happy, to plan activities and to make a dull, boring school year into one of fun and excitement. But in 1971, Central Technical High's president did more than that. He added temptation, rebellion and even scandal. After the Ontario government, had announced major cuts to education, he called on students across Metro Toronto to walk out of their classes and protest against the government.

It was the way the media handled his walkout that made current affairs reporter and host for the *CBC Evening News*, Hamlin Grange, decide to pursue a career in journalism.

"(As a reporter), you can write stuff in newspapers and stand behind it and people will believe that crap," said 45-year-old Grange. "That's when I decided I could do something like that."

After graduating from high school, he received a scholarship to the University of Colorado, where he studied for a Bachelor of Science degree in journalism.

While there, Grange pursued two other passions which would make significant differences in his life: African-American history and track and field.

In fact, there was one particular man that effected Grange's life that intertwined both of these passions. His name was Harry Jerome, a black Canadian sprinter during a time when it was hard to be a man of colour.

"He ran hurt a lot, he was very injury prone," said Grange, who was a record-breaking hurdler himself. "He never really got the credit that I thought was due."

In the 1981-82 track season, years after Harry Jerome's time, a Canadian track team was sent to the Commonwealth games. The teams brought home many medals and parades and parties were held to celebrate the victories.

"But no one held anything for the black athletes, so a bunch of us had a meeting and decided to have a dinner with medals and a guest speaker."

Grange came up with the idea to have Harry Jerome as the guest speaker, but two days after they decided to ask him, he died of a

brain seizure. It was then that the committee decided to name the dinner after him and the proceeds that were made went towards a scholarship fund that was set up in Jerome's name.

"There are so many people in this business who have lost their souls."

*Hamlin Grange talking  
about the media business.*

"We were accused by the media of being racist because the event was held just for black athletes," Grange said. "That hurt. That really hurt."

After university, Grange began his career as a journalist in Colorado at the Boulder Daily Camera and the Rocky Mountain News.

In the summer of 1980, he joined the Toronto Star as a general assignment reporter,

which gave him a chance to gain experience in everything from daily news to entertainment and politics.

After three and a half years there, he was offered a job at Global, something that he had never thought of doing and considered to be a tough challenge.

"There was some training at CBC, but it was more training of culture," Grange said. "The extent of my training was writing for Peter Truman for three months . . . and then all of a sudden, I was told to do a story and a stand-up."

He said that although he finds it very frustrating at times, he feels he has a certain amount of power as a TV journalist.

"I like to think I write with pictures and sounds," Grange said. "Pictures are worth 1,000 words . . . and I feel I'm reconstructing reality."

But he misses the writing aspect of journalism and says that he doesn't do enough as he'd like to.

After Global, he went on to CBOT in Ottawa where he specialized in "high-tech" stories. In 1988, he came back to Toronto

and worked for CBLT as a municipal affairs reporter, assignment editor and host. In the more recent past, he took part in CBC's first workshop on investigative journalism. In his current job at CBC, he is given the opportunity to do two of his favourite parts of journalism: interviewing and writing.

As for role models, his wife Cynthia Reyes, the executive producer at CBC, is one of the smartest, brightest people he's ever met.

"She can walk into a room where there are people with all different opinions and not judge them," said Grange. "She has a calmness about her and sees the good in most people whereas I don't."

The advice that Grange would give to an aspiring journalist would be to find your passion and love it and find out why you're really doing it.

"There are so many people in this business who have lost their souls," explained Grange. "It is the young people who have to rescue them."

And that is the Gospel according to Hamlin.



CD review . . .

## Pearl Jam's latest album swaggers with success

By Sarah Thomson

Pearl Jam has redeemed itself. *Live on Two Legs*, the band's latest release, is essentially a live greatest hits album. It reinstates their position as the last grunge band held over from Seattle and the Nirvana craze of the early 90s.

Perhaps *Live* is to make it up to the fans that did not follow the band's musical departure represented by *Yield*, released in February.

The album, which sounds like a single concert, was actually recorded on both legs of the summer '98 tour. A tour, which the band agreed, has been the most fulfilling and exhilarating to date.

In their mysterious way, Pearl Jam has left fans guessing where each song was recorded. This leaves everyone hyped about the album because they all think it was recorded at the concert they attended. Perhaps their motives



aren't so mysterious after all.

*Live* contains all the old favourites, with the exception of *Jeremy*, and *Alive*. Pearl Jam also pushes more of the songs on *Yield* besides *Given to Fly*. These include *Untitled*, *MFC*, and *Do the Evolution*. As an added bonus, the last song on *Live on Two Legs*, is the previously unrecorded *F\*ckin' Up*, written by Neil Young.

Pearl Jam are not new to the idea of releasing live CDs and accomplishing the live CD with

ease. They have been releasing live singles since 1992's *Jeremy*, yet their most extensive effort yet, *Live on Two Legs* has paid off.

They have taken care not to include too much of the audience, but just enough to show it's a live album. The talking is kept to a minimum, which is good, because it doesn't interrupt the songs that you want to hear, making it enjoyable to listen to. Furthermore, the vocals are crisp, the guitars and bass sound great and the drums are always audible and add to the live effect.

*Live on Two Legs* is recommended for anyone who has been a fan for years and wants a greatest hits album. It is also recommended to radio listeners who have been following Pearl Jam for years but haven't made the jump to committing to a CD.

1 2 3 4 5

Noel cleans house with *The Masterplan*

## Older than they wish to be



By Ned Bekavac

Poor, poor Noel Gallagher. Just three years ago, he and his lads were the toast of the world (OK, not all of North America loved Oasis), and now, only four short years into their career, the boys are stagnant.

Something about using all your trump cards in the first deal.

With *Be Here Now* now behind them, Oasis has cleaned the slate with the release of *The Masterplan*, a collection of B-sides, as selected by their fans.

Those less familiar with Oasis' B-side recordings have at least heard the repeated 'Most of Oasis' B-sides could be A-sides,' argument from loyal fans.

For the most part, they are right.

The album opens with the ripping *Acquiesce*, a push-and-pull testosterone triumph that has Noel following up the Liam sneer with a glorious chorus of how "we need each other, we believe in one another," that is undeniably uplifting.

Oasis, you see, are a stadium rock band. Though Noel himself has been criticized for his "obvious" lyrics, Oasis never claimed to be anything but a massive rock 'n' roll band. Subtlety would surely get lost on the masses.

Yet, with *Be Here Now*, the boys somehow lost their sneer, their attitude.

No one cared that Don't Go Away had 80s cock-rock-ballad lyrics, Oasis were always about delivery; *Be Here Now* lacked the punch, the soul and the balls of both *Definitely Maybe* and *What's the Story Morning Glory?*

The new millennium may be here before we discover whether *The Masterplan* is Oasis putting to rest their Digby's Diner riffs for a new direction. But, for now, *The Masterplan* still manages to get by on sheer power, where *Be Here Now* couldn't.

See *The Masterplan* . . . Page 11

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## Going Solo

# Ben Folds' effort not for the mainstream

By Sarah Thomson

What does a critically acclaimed, platinum-selling, culture affecting Ben Folds Five do after the success of their first two albums? Nothing you would expect.

Ben Folds went solo to produce *Fear of Pop Volume 1* with Ben Folds Five producer Caleb Southern.

With an earlier CD release date in the U.S. than Canada's Dec. 1, this record has already been well received. It was the #1 most added album to 127 American colleges playlists during its first week of



release Nov. 16. *Volume 1* is an album of instrumental and spoken-word music by Ben Folds, and as an extra feature, includes William Shatner, *Star Trek's* Captain Kirk. The album includes instruments that you normally wouldn't hear on a pop album such as cellos, chamberlain, theremin, vocoder and trombone.

The purpose of this album was set out to destruct and rebuild and refine and regenerate the simple form of music

simply called "pop." It was supposed to be an effort to return to yesteryear's yearnings of delightful, hummable pop songs.

This goal definitely wasn't accomplished with *Volume 1*. After listening to the CD there is nothing that stuck in my head or made me hum along. Although the possibility of how anyone could sing along, is hard to understand.

The songs are lyrical. In *Love*, featuring William Shatner a sarcastic account of a relationship gone crooked is quite funny, and the gem of the album.

If you like Ben Folds Five and want to



Ben Folds Internet Photo

add to your collection go right ahead. Is this album for everybody? Well, it is an interesting album to listen to. It does grow on you

after awhile. But unless you enjoy experimental music and are tired of the radio, this is an alternative.

Ben Folds Five newest album will be out in the spring or earlier.

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## Imagine this on your walls



Lisa Cashmore, a 20-year-old marketing student, with Imaginus employee Darryl Hoskins, gets a head start on her Christmas shopping at the Imaginus poster sale held in the Sanctuary on Dec. 1.

Photo by Jaime Clark

## Upcoming Intramural Games

### Ball Hockey

Tues. Dec. 8

- 4:00 Blades vs. Crazy Canucks
- 4:50 6.50 Pitchers vs. Galt Hornets
- 5:30 B.B.B. vs. Dinamo

Thurs. Dec. 10

- 4:00 S.O.B.'s vs. Enforcers
- 4:50 Bearded Clams vs. Galt Hornets
- 5:30 Wolves vs. Killer Bees

### Ice Hockey

Tues. Dec. 8

- 4:30 Individuals vs. Galley's Triumph

Wed. Dec. 9

- 4:30 Space Cowboys vs. Misfits
- 5:30 Galley's Triumph vs. Chiefs

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## Women's indoor soccer

# Alumni, Condors vie for first place



Karen Melanson heads straight for the goal.

(Photo by Neven Mujezinovic)

By Neven Mujezinovic

It's turning out to be a two-horse race between the Condors and the Conestoga Alumni in the women's indoor community soccer league.

The Alumni destroyed Kitchener Spirit 10-0, while the Condors annihilated Guelph 16-0 in league action on Nov. 24. Both teams are top of the table with 10 points.

In their game against Guelph, the most interesting contest was the one between Conestoga's strikers, Sasha Greutzmacher, Daniela Sirio and Karen Melanson, to see who would end up with the most goals. In the end, Melanson and Greutzmacher each had five, while Sirio had four. The other goals were scored by Lisa Hawco and Jen Melnyk.

The game was dominated by the Condors from start to finish, which is reflected in the high scoreline. Guelph rarely managed to bring the ball out of its own half and even when it did, the Condors' defenders were quick to pounce on the ball and give it off to its goal-hungry strikers.

The Condors look the dominant team in this league and the only

serious challengers for the title at this point seem to be the Conestoga Alumni team. The Condors will need some more serious opposition than the likes of Guelph, though, if they want to prepare seriously for the much tougher competition of the OCAA teams.

## Update

The Condors and Alumni continued their race for first place on Dec. 1.

The Condors destroyed Burn's Howff 11-0, while the Alumni took Guelph out by a score of 12-1.

Both teams have 13 points. The Condors face the Nights on Dec. 8 at 9p.m.

In men's indoor action, the Condors face Ridgeview Homes, the top team in the league, on Dec. 10 at 10p.m.

# \$5

## Gotta get a message out?

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... continued from Page 9

## The Masterplan

While straying little from the Oasis formula, Rockin' Chair, Listen Up and Stay Young maintain the weekend keg party energy of Oasis' earlier recordings. Half the World Away features Noel at his introspective best, whatever that is.

Unfortunately, the middle of the record is bogged down with the indulgent Swamp Song and I Am The Walrus.

Surely the horn-heavy Round Are Way, a Wonderwall B-side that rates with Oasis' finest, could have replaced them. D'yer Wanna be a Spaceman could have easily replaced the punkish Headshrinker, too.

The album ends with the orchestral title track, a beauty that is both sombre and fist-pumping.

Though Oasis may have become exposed as a one-dimensional monster, a parody of themselves even, *The Masterplan* has recovered some of the beer-swilling, soccer stadium power and youth of their earlier numbers, when they weren't the biggest band on earth.

When they were more concerned with getting drunk, rocking out, and living their dream than their marriages and the media.

When they were themselves.

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## Locals invited Calling all poets

By Sarah Thomson

Area poets are invited to submit their poems by Dec. 31, to the National Library of Poetry for the chance to win \$48,000 in prizes and a opportunity to be published in a deluxe, hardbound anthology.

The National Library of Poetry is the largest poetry organization in the world.

Poets from the Kitchener area have successfully completed in past competitions, said contest director, Howard El in a press

release.

To enter, send one original poem, any subject and any style, to: The National Library of Poetry, Suite 1946, 1 Poetry Plaza, Owings Mills, MD 21117-6282 or go to [www.poetry.com](http://www.poetry.com).

The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page.

Entries must be postmarked or sent via the Internet by Dec. 31. A new contest opens Jan. 1, 1999.

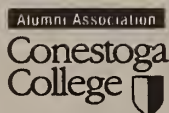


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# Growing up to a life on the ice

By Jason Gennings

The youngest of four children, Condor team captain Jason Snyder admits that growing up naturally involved getting into hockey.

The whole family was into hockey: Mom and Dad coached, and his two brothers and sister all played the game.

The third-year business accounting student said he grew up at the outdoor rink his father maintained in Brantford.

"Through my whole life I was involved in hockey," said Snyder, who began skating when he was 18-months-old.

When he was five or six he played in the Tyke league, where he earned the Most Valuable Goaltender Award. It's a position he still loves to play when he's doing some scrimmaging.

At 15, he made all but the final cut during Junior B tryouts. He said he was cut because his five-foot-six frame was too small to play defence.

Snyder currently plays defence for the Simcoe Gunners, a Senior A team running at about the middle of the pack this year.

"I prefer defence over forward just because I'm a little better at it."

At five foot nine and 180 pounds, Snyder said that if he could change anything about himself, he would change his size.

"I wish I was a little bigger, I could've played Junior B or higher, but Junior B for sure."

Snyder seems to have overcome his apparent lack of stature, because as Snyder is being interviewed, his teammates are calling him "Pound-for-pound. The toughest guy in the league."

Snyder explained the comments saying "I'm smaller, but I play a very physical game."

Snyder played Junior C in Simcoe for five years, and for the first year of college he played for the Junior B Kitchener Dutchmen.

"I got released two months into the season, so I went back to Junior C."

After playing a summer game at Conestoga for the Waterloo Flyers, Snyder got to know the arena. When it came time to choose a college, he left Simcoe and came to Conestoga.

"I heard they had a hockey team, so I came," said Snyder, who is usually on the ice about five times a week. Three times for the Condors, and twice a week for the Simcoe Gunners.

As head coach of the Condors, Ken Galerno made the decision to make Snyder the team's captain.

"Commitment, discipline and focus. (Captains) have to have leadership that can be conveyed among their peers. It's one thing to show leadership to the coaches,

but ultimately in the dressing room and on the bench there is a lot of peering that goes on," said Galerno.

"You need somebody that can really communicate and has the respect of the other guys on the bench."

As captain, Snyder must also interact with the officials, and Galerno said that if he couldn't do this part of the job, Snyder wouldn't be wearing the 'C'.

"He's representing the team. Any time you're out there on the ice representing the team after the whistle and in between the face-offs making comments to the ref, you are now making comments that represent the whole team, so he has a critical role," said Galerno.

The coach said that Snyder's competitiveness is both his strength and his weakness.

"He hates to lose. One day it's a strength, and another day it's his weakness. His frustration level: he's very vocal, very outspoken. All those things, if they're cultured properly, are definitely strengths," Galerno said.

Snyder said the competitiveness is shown by how serious he wants the team to take practices and games.

"I just think that everyone should have a high commitment level to the team."



Conestoga captain Jason Snyder grew up on the ice.

(Photo by Ned Bekavac)

He sees his hockey future as teaching tykes, something he has done before, both during the regular season and at hockey schools in the summer.

"Maybe one more year of Senior A, and then coaching."

For a career, Snyder would like to be a certified general accountant.

"I just want to get a job right now and some experience as a bookkeeper, or something like that," he said.

## Penalties kill Condor hopes

# Conestoga shut out by Humber

By Ned Bekavac

Winning is hardly an option when your penalty box resembles an Eaton Centre revolving door in December.

While the Conestoga Condors men's hockey team seemed more interested in streaming to the sin bin, the Humber Hawks capitalized with a 5-0 victory in an Ontario College Athletic Association drubbing Nov. 25 at the Conestoga College recreation centre.

"We didn't exercise any

discipline at all," said Conestoga coach Ken Galerno. "We showed a lack of maturity on the ice."

No kidding.

After a spirited start, the Condors gave the Hawks an early Christmas present of 11 power play opportunities. The Hawks went ahead the 7:16 mark of the first period, courtesy of an Eric Hober goal. It slid all downhill from there.

"We outplayed them in the first five or six minutes," Galerno said.

A slashing penalty by Chris King at 9:56 of the first period started a parade of Condor penalties that left them more preoccupied with getting the puck out of their own end than putting it in the Hawks' net. Though the 5-0 score-line did little to flatter the Condors, it could have been worse. Without the fine goalkeeping of Anthony Gignac, the score would have been even more lopsided.

Humber took a 2-0 lead into the first intermission, courtesy of a power play goal from Chris Mcfayden.

While the Hawks were enjoying a two-man advantage halfway through the second period, a trailing Curtis Hamilton slipped the puck past Gignac, who had just robbed Mark Hober with a brilliant poke-check, to make it 3-0.

Comeback opportunities for the Condors were few. Though they flirted with some odd-man



Condor goalie Anthony Gignac pounces on the puck for one of his many saves.

(Photo by Jason Gennings)

chances early in the third period, their pressing left them short at the back.

The Hawks, meanwhile, looked happy to coast the rest of the way, though they took a four-goal lead after a beautiful three-way passing play was buried by Jeff Weicker six minutes into the third period.

Hamilton added his second goal two minutes later.

The loss left the Condors in a three-way tie for third place.

With a 3-5 record, the Condors sat tied with Sir Sanford Fleming College and Boreal with six points. Fleming has three games in

hand on both.

With the victory, Humber climbed to within three points of the league leading, and undefeated, Cambrian College Golden Shield.

"Man for man, I think we are a better team," Galerno said after the loss.

If only they didn't sabotage their chance of proving it.

Though the Hawks were recipients of several bone-jarring open-ice hits courtesy of the Condors, the Condors too often teetered the line between clean hitting and undisciplined aggres-

siveness. With just under five minutes to play, things got ugly.

Conestoga's Chad Parker and Humber's Tim Corput dropped the gloves and got into a fine brouhaha. Parker got the two-minute instigation penalty.

Galerno said the fight was a culmination of the Condors continued frustration throughout the game.

Though they were not to see action for another 10 days, the Condors were left with the daunting task of preparing for the 6-0 Golden Shield Dec. 5 at Conestoga College.



Anthony Gignac goes head to head with Humber Hawk Morgan Matthews.

(Photo by Jason Gennings)